



Benton County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Benton County School System in 2007.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Benton County School System that includes:

- School Health Advisory Committee
- Six Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy, the mental health policy, and the substance abuse policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$41,213.15.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Family & Community Involvement | ➤ Dr. Heather Martin, DC |
| ➤ Camden Central High School's Go Green Team | ➤ Darryl Myrick, PT |
| ➤ Benton County Drug-Free Alliance | ➤ Bethel University Nursing Program |
| ➤ UT Extension | ➤ United Way |
| ➤ Carey Counseling | ➤ LeBonheur |
| ➤ Youth Villages | ➤ The Camden Chronicle |
| ➤ Benton County Health Council | ➤ Rotary Club |
| ➤ Camden General Hospital | ➤ CADCAT (Anti-drug coalition) |
| ➤ Benton County Health Department | ➤ SADD (Students Against Dangerous Decisions) |
| ➤ Lions Club | ➤ WRAP |
| ➤ The Berry Clinic | ➤ First Baptist Church |
| ➤ TN Technology Practical Nursing Program | ➤ First Methodist Church |
| ➤ TN Technology Nail Tech Program | ➤ Life Choices |
| ➤ Carol Smith, Massage Therapist | ➤ Benton County Sheriff's Department |
| | ➤ Camden Police Department |
| | ➤ Carl Perkins Center |
| | ➤ Second Harvest Food Bank |
| | ➤ Drug-Free World |
| | ➤ Camden Eye Care |
| | ➤ DARE |
| | ➤ Benton County Rescue Squad |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include School Health Advisory Committee, Healthy School Teams , school health screenings, cooking classes, walking programs, and community physical activity opportunities. Currently, 56 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Walk Across Tennessee, Autism Awareness Group, Benton County Positive Decisions Group, tobacco education, lunchroom fitness, and abstinence education. Approximately 18 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Benton County the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 3914 students screened and 2675 students referred;

Students that have been seen by a school nurse and returned to class – 86.78%;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.

2007-2008: 48.6% of students screened were considered overweight/obese;

2008-2009: 42.6% of students screened were considered overweight/obese;

*2009-2010: 45% of students screened were considered overweight/obese;

*2010-2011: 48% of students screened were considered overweight/obese.

*Preliminary data

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Olweus Bullying Prevention Program, playground equipment, physical education equipment, Wiis, Michigan Model curriculum, exercise equipment for students and staff, fruits and vegetables, nutrition education supplies, health screening equipment, comprehensive health education materials and supplies, and healthy snacks.

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: emotional issues that affect learning: mental health, asthma and inactivity, diabetes conference for nurses in Vanderbilt, Physical Education Academy in Milan, health screenings for teachers, SPARK physical education training, Michigan Model, Take 10! training, Lunchroom Love, diversity training, social and mental health, how domestic violence and parental drug use affect children, suicide prevention, physical education and beyond in-service , "Healthy Kids Start with You" and Nutrition 101.

School faculty and staff have received support for their own well-being through: weight loss programs, walking programs, aerobic programs, staff surveys, cooking classes, back pain seminar and nutrition education

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – label reading, nutrition education, comprehensive health education (Michigan Model), anti-tobacco campaigns, abstinence campaigns, anti-substance campaigns, healthy announcements, healthy posters, proper hand washing education, breast cancer awareness campaigns, HIV/STI education, diabetes education, weight loss education, Child Health Week activities, Mobile LeBonheur Good Health Unit, Food and Youth initiative, mock car crashes, Go Green for Healthy Air campaign, heart disease awareness campaigns, golf cart obstacle course with “drunk goggles”, and healthy smoothies;
- Physical Education/Physical Activity Interventions – increased physical education equipment, utilize homeroom time for physical activity, use of after-school bus duty for P.A., improved wellness programs, encourage walking programs, increase student participation in area races and events, Take 10!, chair exercises in homeroom, recess recreation bags and fitness dice to teachers, Walk Across Tennessee in partnership with UT Extension, LeBonheur Lace-Up Walking Program, Blue Cross Blue Shield Walking Works for Schools, physical activity baskets at each school;
- Nutrition Interventions – Got Milk? Campaign, healthy snack lists, nutrition newsletters, Fruit/Veggie of the Week in the lunchroom, healthy announcements, removal of 3 of 4 fryers, switching to ½ whole wheat rolls, lunchroom of the month award, decreased fat and sugar, healthy snacks for students taking standardized tests, PowerU, heart healthy food decals, and healthy choice bar at high school;
- Mental Health/Behavioral Health Interventions – Michigan Model purchased and implemented, MOU's established with local mental health service facilitates, and Mental Health Council formed.

The Benton County School System received a \$10,000 General Mills Champions for Healthy Kids grant to create a Teen Nutrition Institute that will train teens to provide peer-to-peer nutrition education and food demos in the classroom and in the community.

Benton County sent a group to Tennessee Teen Institute for the first time. The teens will provide peer-to-peer education about substance use and abuse and combat teen pregnancy.

In such a short time, CSH in the Benton County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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